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The Observer

Central Washington University

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The Observer

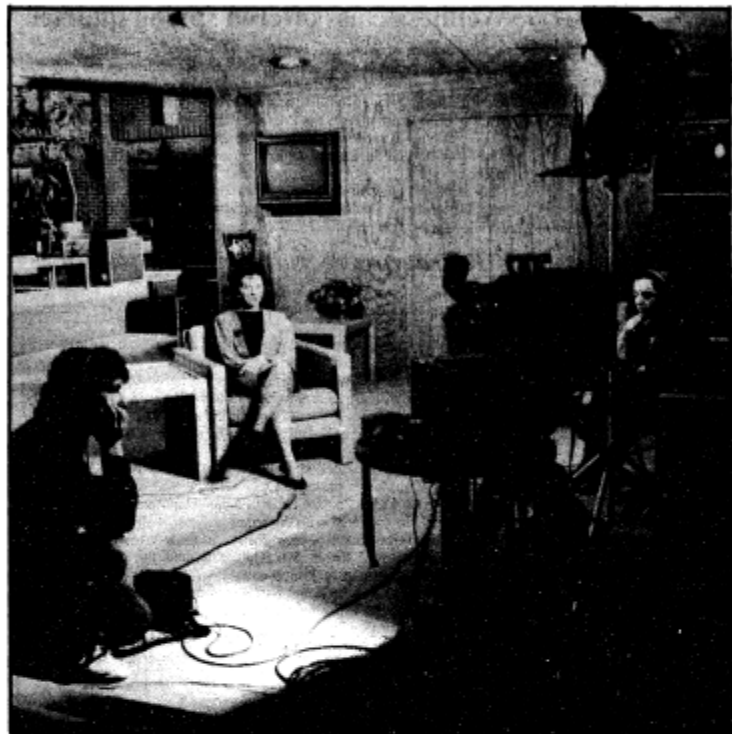
Thursday March 9, 1989

Central Washington University

Students
strip
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Vol. 7 No. 19

Student interviewed on 'Today' show



Susan Monahan discusses college financial aid on the "Today" show during a remote broadcast live at 5:15 a.m. Tuesday from the SUB pit. (photo by Steve Douglas)

by JENNY MATHEWS
Staff Writer

Central senior Susan Monahan faced the nation for 30 brief seconds this week.

Monahan was contacted by Bruce Reznick of NBC's "Today" show last week after being quoted in a *Chronicle of Higher Education* article about the proposed national service requirement to qualify for financial aid.

"I must have been nervous, because I don't remember what I said," Monahan said of her interview. She also couldn't believe how much equipment was needed for just a 30-second interview.

She and another student from Maryland were interviewed by "Today's" Jane Pauley live via satellite. Monahan's interview aired at 8:10 a.m. EST Tuesday morning, but was pre-empted on the West Coast by President George Bush's unexpected press conference.

In the interview, Monahan supported Sen. Samuel Nunn's (D-Ga.) controversial financial aid proposal, which calls for two years of community or military service in return for financial aid received in college. Those students who chose community service would receive

\$10,000 for each year served. Students who served in the military for two years would receive \$24,000.

"I'd rather see students work for the money instead of just having it handed to them," Monahan said. Students who cheat under the current system would not be able to under the new one, she added.

A similar plan is proposed by Sen. Barbara Mikulski (D-Md.). Under her proposal, students receiving financial aid would receive \$3,000 for each year of community service. The student would be required to spend two weekends a month and two weeks a year in community service. This resembles the National Guard system, but military service is not included in this plan.

Monahan was also interviewed by KIMA-TV, along with two other Central students and Director of Financial Aid Patrick McTee. McTee and students Leann Courmeya, a senior, and Christopher Stone, a sophomore, all disagree with the proposal.

"Many high-schoolers don't have any money and may not finish the two years of community service, or they may not want to go to college at the end of the two years," Stone said.

Board of Directors seeks more communication

by BENJY MOGENSEN
Staff Writer

The newly-elected ASCWU Board of Directors have the common goal of creating better communication between the BOD members and students.

T.J. Sedgwick, new BOD president, ran uncontested in the election. He was featured in *The Observer* last week.

The position of executive vice president went to senior Henri Moreau, who defeated Mark Hambrick by a large margin.

Moreau said he would like to increase communication between the BOD and the students. Like many of the new BOD members he believes there is a need for better communication within the BOD.

He also wants to get the book exchange going again in a more efficient manner.

Junior Jon Elliot was elected vice president of budget and finance.

He is working on getting a Macintosh computer lab in the SUB. Currently, the Macintosh labs are located only in the residence halls.

Like Sedgwick, he also is working on a student discount card. Getting the budget printed in *The Observer* is another priority of his.

"I want the BOD to become more visible to the students. We may end

up dragging our desks into the SUB pit and into the courtyard to let the students know we are here," said Elliot.

Central junior Don Hendrixson is the new director at large representative to faculty and senate.

Hendrixson plans to better represent the students on issues. He is working to improve on the grade substitution policy, withdrawal policies and other curriculum decisions.

He is also working on completing the student course grade handbook.

Director at large representative to facilities planning council is junior Matt Braden.

He said he would like to see the Undergraduate Club get off the ground. He also plans for people who live off campus to become better aware of dances and socials on campus.

"I will be there for students if they have any questions and suggestions. If the students don't know where to turn to, I would like for them to know that the BOD is a good group to talk to."

Director at large representative to student living is Dan Sutich. Sutich is currently working on revising the off-campus student guide. Something he is doing with this is updating prices for apartments off campus.



Drew Wood, Henri Moreau, T.J. Sedgwick, Jon Elliot and Matt Braden. (photo by Robert Sorbo)

Working more with the students is something he believes is important.

Director at large representative to clubs and organizations is senior Drew Wood.

From statements made in an earlier interview, Wood said he wants to increase awareness of the functions and abilities of Club Senate.

He said he believes there is a need for greater cooperation between the BOD and the powers beyond it.

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Asian students to attend CWU

by JENNY MATHEWS
Staff Writer

A group of 135 students and one faculty member from Asia University will attend classes spring and summer quarters at Central according to Dale Otto, the program director.

Most of the students are sophomores, ages 19-20.

The classes to be taken by the students have been specially designed for the fledgling program. They will be taking courses in American history, the human environment, English and physical education.

Dr. David Hosford will teach the human environment class spring quarter. Dr. Lawrence Lowther will teach the history class during summer quarter. Their workloads will be decreased so they can teach the new classes.

The program's director, Dale Otto, said a new staff was created to

accommodate the students. The program has hired six new instructors and two coordinators. The instructors' salaries will come from the \$4000 fee paid by the exchange participants.

The students will be taking the classes according to their level of English proficiency and the general requirements they want to fulfill, said Otto.

Otto adds that Central is not awarding any credits for the classes. Asia University will receive the transcripts of the students and apply the grades toward credit in their basic and breadth requirements.

The program is so new that the exchange is mainly one-sided, although a few American students attend Kyoto University of Foreign Studies and Shimane University in Matsue.

"It is an out-of-balance program right now — we provide and they receive," Otto said.

An increase in student exchange would bring the cost down and increase the opportunity for better cultural understanding, according to Otto. The program is operating on a \$600,000 budget.

Part of the AUA/CWU program is to integrate the Japanese students into campus and community life. Most of the students will be living with American roommates.

There will be a number of welcoming parties and activities for new roommates to "break the ice," said Otto.

It is hoped the parties will help the Americans and Japanese to transcend surface cultural barriers and get to know each other personally, he added.

The program will not affect Central's enrollment ceiling. Rather, Otto said, it will provide a chance for students to travel to Japan to broaden their knowledge of another culture.

Crisis line training volunteers in April

Crisis Line of Ellensburg is looking for new volunteers. Interviews and registration, for those interested, will be held at the Kittitas County Health Department, 507 Nanum, on April 11 from 7 to 9 p.m.

At that time, Crisis Line employees will discuss the contractual agreements and answer questions from the volunteers. Actual training will take place April 14-18.

"We ask students to kind of self-sort and choose April's training if they will be available to work over the summer," Jackie Galbraith said. She has been the Crisis Line director since 1974.

Training focuses on a variety of things, including communication skills, suicide screening, substance abuse, community referrals and problem assessment.

Crisis Line asks that volunteers commit themselves to the program for one year — the first six months of which is intensive on-line work. Then volunteers can opt for substitute status or home duty.

Wellness class offered spring quarter

"Foundations of Wellness" is a new class offered in the spring.

Dr. Jean Putnam, a professor and course coordinator in the physical education department, said the course may become a replacement for the two P.E. credits needed to fulfill basic course requirements. It may also be offered as an alternative to the P.E. requirements.

The class is a lecture-lab course encouraging healthier lifestyles. It will cover topics such as weight control, stress management, and decision making.

The course is listed under HPER 200 and is a 2-credit course. It will be taught Mondays, Wednesdays, and Fridays at 1 p.m. Students with questions may call Putnam at 963-1911.

VIP Program recruits minority students

High school minority students from all over Washington state gathered last week to take an up-close look at Central through the Very Important Person Program.

VIPP was designed to give minority students a better idea of the benefits that going to CWU could provide as they prepare to enter college life.

Included in their visit were a tour of residence halls, a men's basketball game, meetings with professors from the student's various areas of study, information about costs and a taste of dining services in the form of the annual "Wild Boar Dinner" — all provided by a grant from the President's Associates.

The trip nearly was cancelled, however, as the snow in the Seattle area hampered the student's passage. Only after careful deliberation and a meeting with Dr. James Pappas, Dean of Admissions and Records, was the decision made to go ahead with the trip.

The decision turned out to be the right one, as the advisor to the Minority Students Association, Robin MacAlpine, termed the outing to be a success, with 52 students making the trip.

MacAlpine said the event could not have gone on without the efforts of the "entire admissions office" and particularly the work of the program's student coordinator, Shelly Poulin, whom he said was "indispensable."

Professor 'touched life of many students'

A concert memorial service is in the planning stages for the late Richard Fairbanks, CWU professor of pottery.

"He touched a lot of students' lives," Dixie Fairbanks, his wife, said. "Teaching was his most important work."

Fairbanks died March 2 at the Kittitas Valley Community Hospital, following an extended illness.

He had recently returned to Ellensburg after spending seven months in the Intensive Care Unit at the University Hospital in Seattle.

He was born in Yakima, October 27, 1929. He married his wife, Dixie Parker, in 1966, in Des Moines, Iowa. His education includes undergraduate work at Yakima Valley Jr. College from 1947-49. He earned a bachelor of arts degree at the University of Washington where he studied from 1950-53 and received a master of arts degree at Mills College in Oakland, California in 1955.

From 1959-63 he was a teaching assistant at Mills. From 1966-69 he was a professor of art at Drake University in Des Moines, Iowa. Since 1963 he has been a professor at Central Washington University.

In 1959 he was awarded a Fulbright grant and was guest artist at the famed OY Wartsila—Arabia

ceramics manufacturing firm in Helsinki, Finland for one year.

During a number of professional leaves and private trips, he traveled extensively in Central and Eastern Europe to study, photograph and collect folk art.

Throughout his professional career, he has been awarded grants, commissions and honors for his private work in ceramics which

gained him both regional and national recognition.

He is survived by his wife, Dixie, his mother, Elizabeth, and brother, Bruce, all of Ellensburg.

It is hoped any gifts or contributions will be directed to the Central Washington University Foundation where a scholarship fund in his name will be established for students studying ceramics.



Richard Fairbanks (Photo courtesy of University Relations)

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News
News
News



Girls don't want to have a 'Coke and a smile'

As a result of Coca-Cola's business dealings in South Africa, Mount Holyoke college students have voted to banned the beverage.

The administrators of the all-female school have made no promises to comply with the non-binding referendum, but one dean said they are "very interested" in the results.

Judge hopes to get out alive

Judge Gerhard Gesell, who is presiding over the 10-day-old Iran-Contra hearings, engaged in a heated exchange with Oliver North's lawyer Monday.

The attorney, Brendan Sullivan, accused Gesell of being "very unfair," in that he is limiting testimony.

Judge Gesell responded, saying "I'm simply trying to...end this trial while I'm still alive."

Exploding Fiat kills two

A sportscar loaded with explosives and flammable liquid killed two people and injured 20 others in west Beirut Tuesday.

The booby-trapped Fiat exploded during morning rush-hour traffic near the American University Hospital and a large shopping mall.

Goetz meets Allen...again

The imprisoned "subway vigilante," Bernhard Goetz is now serving time with one of the four teenagers whom he shot on a New York subway train.

The youth, Barry Allen, joined Goetz at the Riker's Island facility following after being arrested last week for allegedly mugging a 58-year-old man in the Bronx.

Murderer dies on the electric toilet

Convicted murderer Michael Anderson, who had already escaped the electric chair once on appeal in 1983, wasn't so lucky the second time. Officials at the Columbia, S.C. prison said Anderson was accidentally electrocuted while sitting naked on a steel toilet in his cell and trying to fix a pair of earphones connected to his television.

—Compiled from regional news sources

AIDS forum speakers call for 'safe sex' practices

by DAINA MURRAY
Staff Writer

Unless young heterosexuals practice "safer sex" habits, they will fast replace homosexuals as the next major group of AIDS victims, according to a local health official.

At a recent AIDS forum, Dr. Robert Atwood, director of the Yakima and Kittitas County Public Health Department, told the approximately 80 students who attended that he came to communicate to young people the urgency of the problem of the mounting threat of AIDS among heterosexuals.

"When we talk to people in your age group, we are talking to the next risk group for this virus in the United States," Atwood said.

The AIDS virus — the Human Immunodeficiency Virus (HIV) — attacks the body's immune system, suppressing its ability to fight off illness, he said.

AIDS, Acquired Immune Deficiency Syndrome, is the severest stage of this illness, occurring when very large numbers of disease-fighting cells are destroyed, he said.

According to a pamphlet on AIDS, "Understanding AIDS," unlike a cold or flu virus, the AIDS virus can't be "caught." It must be transmitted via a bodily fluid — semen, blood and possibly vaginal fluids — through a body orifice.

Since 1981, the total number of reported AIDS cases has grown to more than 80,000, and more than 45,000 of these people have died, Atwood said.

If the spread of AIDS continues at this rate, he said, 365,000 people will have been diagnosed with the disease by 1992, and 263,000 will have died from AIDS-related causes.

"Unless something miraculous happens within the next two-to-three years, by the end of the century this virus will have killed more Americans than in all the wars we have ever fought in."

Because the average incubation period between the time the virus is transmitted and the development of recognizable symptoms is five to

seven years, he said many people who are carrying the virus are unwittingly transmitting it to their partners, or those who share needles with them.

Atwood said it is estimated that for every person with the disease, there are 20 more who have the virus, but are not manifesting significant symptoms.

"The most common person with the disease looks just like you and me," he said.

AIDS got its start in this country primarily as a disease of homosexual males, but because of massive educational efforts, homosexuals are discontinuing their "risky" practices. The number of AIDS cases diagnosed each year among homosexuals is nearing zero, he said.

In San Francisco, for example, a city with a large gay population, less than one percent of newly-diagnosed AIDS cases are homosexuals, he said.

The fastest growing risk groups for AIDS are IV drug users and "straight" heterosexuals, he said. In the United States, 2,702 heterosexual AIDS cases have been reported so far, or four percent of the total number of cases — up from less than one percent in 1981, when the disease was first discovered.

Sally Thelan, director of the CWU Health and Counseling Center, who shared a platform with Atwood, said that "[AIDS has] become more of a heterosexual disease, so that anybody who's having numerous sex partners is putting themselves at risk."

Sharing needles with other IV drug users is also risky business, she said.

Someone who learned that lesson the hard way is Tanya, 34, an IV



Tanya, an AIDS victim, speaks about her experiences with the disease. (photo by Steve Douglas)

drug user since the age of 15, who tested HIV positive in 1987.

Tanya, speaking for the second time about her disease before an audience, appeared shaken as she told her story.

She said she was there to help students learn from her mistakes.

"I'm laying down my anonymity so that you can know that once you are affected by it, you can't go back," she said. "It changes your life forever."

Tanya is not sure whether she contracted the disease by "sleeping around or shootin' dope" — she said it really doesn't matter. The only thing that matters is that she has it, she said.

Tanya describes her life as a day-to-day struggle to cope with the

reality of her terminal illness and to learn to live with the symptoms.

Tanya, who works 10 to 15 hours a week as a bookkeeper, frequently calls in sick because of infections and a chronic headache that has lasted more than five months, or simply because she is too drained of energy, a common complaint among those with the AIDS virus.

She said she goes through a process of denial on a daily basis. Some days, she said, she wishes she were dead.

"I don't want to be who I am. I don't want to have to live. I get up in the morning sometimes and say, 'Oh God, another day. I don't want to live.'"

Her hopes and dreams for the future are blighted by the constant

prospect of death, she said.

"Everything's changed because I don't know how long I'm going to live. I don't know if I'm going to get sicker, or if I'm just going to be this way for the rest of my life."

Facing her own mortality has been difficult enough, Tanya said, without some friends trying to empathize with her by saying we all face death every day because we could be hit by a car — an analogy she bluntly stated "stinks."

"Every time I go to the doctor and I find something new, it's like stepping out in front of that truck and wondering 'Is it going to hit me today?'"

"There's a big price to pay for freedom," she said. "My freedom cost me my life."

Army ROTC second in ranger competition

by JENNY MATHEWS
Staff Writer

The sweet taste of victory was sampled by Central's Army ROTC Ranger team. They received second place at the battalion-level Ranger Competition held at Fort Lewis, Wash. Feb. 24 and 25.

Twenty-six schools from Wash., Ore., Idaho, Mont., Hawaii, Ala. and Guam competed against each other.

The competition consisted of six events — the army physical fitness test, orienteering, marksmanship using M-16 rifles, weapons assembly, one-rope bridge and a 10-kilo-

meter run.

The army physical fitness test, consisting of two minutes of sit-ups and push-ups and a two-mile run, took place on the first day. Central placed 11th in the fitness test.

The rest of the events brought a gradual rise in the team's fortunes. It came in first in the 10K run.

"A big team effort and a lot of motivation carried us through the competition," said team captain Eric Sauley, a senior who went to Ranger school last summer.

The competition was considered grueling by team members. The orienteering, also known as land navigation, involved the use of maps

marked with points needed to be found in as little time as possible.

In weapons assembly, the team members are timed in a 50-meter run to a box filled with the disassembled parts of an M-16 rifle and M-60 machine gun. The weapons must be assembled before the members can return.

The one-rope bridge is a 120-foot rope that must be constructed into a bridge across a body of water as quickly as possible. Then eight team members must cross it.

According to Sauley and co-captain Chris Dawson, senior, the 10K race, or forced march, is the most prestigious event. The teams must

run with 25-pound rucksacks on their backs in full battle uniform and combat boots.

They will travel to the regional Ranger Competition in two weeks.

It will be held at Fort Lewis, Central will compete against schools from Colo., Nev., Minn., Iowa and Utah.

Captain Dave Turban, the team's advisor, points out how hard the group had to work. Of the nine competing members, four were freshmen. Only three returned from last year's team.

"The success of the team is a direct result of the team's drive and determination to win coupled with Sauley and Dawson's leadership," said Turban.



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Job Fair will be held next quarter

Central's Career Planning and Placement Center, located in Barge 105, invites students to visit the office to register for service, maintain current placement files, keep posted on campus interviews and current jobs and discuss career concerns regarding career goals. **CAREER-RELATED INFORMATION ON VCR:** Video cassettes are available on the following companies: All-Phase Electric Supply Company, Boise Cascade, Ernst & Whinney, Farmers, K-Mart Apparel, Marion Laboratories, Radio Shack, Rent-A-Center, Russ Berrie, Safeco, Target Stores, and U.S. Defense Contract Audit Agency. **RECRUITING ACTIVITIES — WINTER '89**

A summary of the scheduled recruiting activities are shown below. Please stop by CP&PC if you wish to keep current — there may be additions to this list of recruiters.

CAMPUS INTERVIEWS/Sign-up in advance of campus visit: The following organizations will have representatives on campus to interview interested candidates during winter quarter. Sign-up schedules are posted one week, to the day, before the arrival of the interviewers... campus visit date shown.

United Telephone Company of the NW — March 9, (Acct or Finance majors).

U.S. GOVERNMENT SUMMER JOBS: The U.S. Summer Jobs Bulletin #414 has been received by the CP&PC. If you are interested in a summer position with the federal government, this is an excellent source of information. (Positions are limited and federal forms must be filed by April 15 for the majority of jobs, so don't delay!)

TEACHER CANDIDATES — SCHOOL DISTRICTS INTERVIEWING — School districts coming to campus this quarter are shown below; the interview schedules are posted a week prior to the interview dates indicated.

****Northshore School District** (Mar. 9);

****Puyallup School District** (Mar. 10).

****Hawaii State Dept. of Ed.** (Mar. 10).

March Graduates: Please stop by the CP&PC before you leave campus. Services available include job listings and help with job search campaign.

SPRING QUARTER EVENTS
JOB FAIR TO BE HELD APRIL 26 — WEDNESDAY — CHECK AT CP&PC FOR INFO

Spring quarter a list will be available of the employers participating in the 16th

Annual Job Fair.

INTERVIEWS COMING UP SPRING QUARTER — Business-Technical: U.S. Naval Undersea Warfare Engr Station (Indust Specialist); U.S. Defense Contract Audit Agency (Auditors); K-Mart Apparel (Mgmt Trainees); Farmers Insurance (Agency Opportunities - E. Washington); Northwestern Mutual Life (Sales & Consulting); U.S. Federal Bureau Investigation (Special Agents, Acct Techs & Lang specialists). **INTERVIEWS COMING UP SPRING QUARTER - Business-Technical:**

U.S. Naval Undersea Warfare Engr Station (Indust Specialist); U.S. Defense Contract Audit Agency (Auditors); K-Mart Apparel (Mgmt Trainees); Farmers Insurance (Agency Opportunities - E. Washington); Northwestern Mutual Life (Sales & Consulting); U.S. F.B.I. (Special Agents, Acct Techs & Lang Specialists); Metropolitan Mortgage & Securities.

INTERVIEWS COMING UP SPRING QUARTER - Summer Jobs: YMCA Greater Seattle; CYO camps; University Directories; Camp Sealth; Yakima Camp Fire- Camp Roganuda; Camp Killoqua; N. Central Camp Fire- Camp Zanika; Harrah's Hotel Casino-Reno.

INTERVIEWS COMING UP SPRING QUARTER - Peace Corps: U.S. Peace Corps looking for volunteers to work in one of the 65 developing countries — stipend & living allowance. Application requested for interview; pick up at CP&PC as soon as possible.

INTERVIEWS COMING UP SPRING QUARTER - School Districts:

University of Alaska (Group Mtgs/ Teaching in Alaska, Tues. April 4); Wenatchee School District; Puyallup School District; Port Angeles School District; Bakersfield School District (Calif - testing 3/29 thru 4/14); Everett School District; Auburn School District; Delano Union School District (Calif.).

INTERVIEWS COMING UP SPRING QUARTER - Military:

U.S. Navy; U. S. Marine Corps. Cooperative Education and Internships **FIELD EXPERIENCE OFFERED** — CWU's Office of Cooperative Education and Internships has field experience placements for interested students. For more information, go to Barge 307 or call 963-2404.

YMCA-CAMP ORKILLA,

Eastsound (Orcas Island). Environmental Education Intern summer or Fall Quarter. Monthly stipend plus lodging and meals.

WA ST CORRECTIONS DEPT., Olympia. Standards Coordinator/Information Systems. Five months beginning Spring Quarter; apply AS SOON AS POSSIBLE. Paid position.

WA ST LABOR & INDUSTRIES DEPT., Olympia. Research Analyst. Six Months Starting in March. Paid Positions.

CEIP FUND, INC., various locations. Resource Assistants. Apply at least two quarters in advance. Expenses paid.

STUDENT CONSERVATION ASSOCIATION, various locations. Resource assistants. Apply at least two quarters in advance. Expenses paid.

DAILY RECORD, Ellensburg. Research for Centennial. Majors: Comm, PR, Hist., Eng., Spring Quarter.

GIFFORD PINCHOT NATIONAL FOREST, SE Washington. Good paying, outdoor summer jobs.

STEVE DAHL & ASSOCIATES, Yakima. Graphic Artist and Copywriter. Summer quarter. Prefer seniors.

RICHARDSON-HURSHALL P.R., Seattle. Public Relations/Marketing position. GPA of 3.0.

U.S. NATIONAL PARK SERVICE, Friday Harbor. Various majors.

SMITH, PHILLIPS & DIPIETRO, Yakima. Public Relation/Marketing position. Stipend may be offered.

LAKE EASTON & IRON HORSE STATE PARKS, Easton. Research and Slide Program project on history of the parks and area.

KITTITAS COUNTY ACTION COUNCIL, Ellensburg. Gleaning Intern for part-time Spring and 30-35 hrs. a week summer.

New postings are coming in every week. Please check the bulletin board outside Barge 307.

Make loan exit interviews now

Students who have a Perkins Loan (formerly National Direct Student Loan), Stafford Loan (formerly Guaranteed Student Loan), Supplemental Loan for Students (SLs), and are graduating winter quarter 1989 or are not returning to Central spring quarter 1989, must schedule an appointment for an exit interview. Contact the Office of Student Accounts, 2nd floor Mitchell Hall, and make an appointment for one of the following dates:

Tuesday 2/28/89 2 p.m.
Wednesday 3/1/89 3 p.m.
Thursday 3/2/89 10 a.m.

ECT Programming March 13-19

Mon., March 13	6:30 p.m. 7:30 p.m. 8:30 p.m. 9:30 p.m.	Newsweek (repeat) Stories by Paul (children) Pre-natal care (health) Mary Otero (art)
Tues., March 14	7:30 p.m. After evening	County Commission Meeting Rock climbing with Jim Yoder
Wed., March 15	7:30 p.m. 7:50 p.m.	Business Week (def) Lincoln School signing of the
continuation	8:00 p.m. 8:30 p.m.	Aerobic walking (health) Kittitas County Home and Carriage
playday	9 p.m.	Human Health and Harford
Thurs., March 16	5 p.m. 6:30 p.m. 7:30 p.m. 8:30 p.m. 8:59 p.m.	Newsweek (live) Newsweek (repeat) Benjamin Liner peace song Elja: The making of a musical Saxophone
Fri., Sat., and Sun.	6:30 p.m.	Newsweek (repeat)

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13-17**

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- Fill out a Book Exchange Slip.
- Now your book will be added to the "For Sale" list, and posted next to the BOD Office (SUB 106).
- Please inform BOD personnel when your book(s) is/are sold, 963-1693.

BUYERS:

- Go to the "For Sale" list posted next to the BOD Office (SUB 106).
- Locate the book you need on the list.
- Write down the name of the seller, the phone number, and the price of the book. Call them!

The ASCWU Board of Directors would like to thank all students who have participated in all student government related activities and events. The Old BOD would like to say *"Goodbye and Good Luck"* to the New BOD.

The following people served as student government officers from the spring of 1988 through the winter of 1989:

Steve Feller	President
T.J. Sedgewick	Executive Vice-President
Shan Sedgewick	Vice President of Budget and Finance
Jennell Shelton	Rep. to Faculty Senate

Darin Pike	Rep. to Clubs & Organizations
Jill Goedde	Rep. to Facilities Planning
Mark Sargent	Rep. to Student Living

The ASCWU Board of Directors would like to thank the Election Commission for their time, for without them the election process would not go smoothly: Kathy Reed Lorena McLaren Scott Shinsato Larry Frazier

With Thanks.....

Also, the Election Commission would like to extend their deepest thanks to the following people for their time and effort in running the 1989 BOD election booths:

ASCWU

Darin Pike
Colleen Keller
John Scharpenberg
Karena Enbusk

Amy Egeland
Kriss Nickerson
Larry Frazier

**Have a relaxing, enjoyable, and fun-filled
Spring Break--
and have a great Spring Quarter!**



Opinions

'What so proudly we hail' (or should)

by MIKE BUSH
Managing Editor

The singing of "The Star Spangled Banner" is one of the most revered traditions in America, if not *the* most. Olympic champions weep during the tune, soldiers salute, singers consider it one of their greatest challenges — and Central students treat it like garbage. It shows a great many things about certain students when, at basketball games, they consider it necessary to

talk, laugh and carry on with disrespectful behavior during the playing of this country's national anthem.

Most of all, it shows that these students have no respect for their fellow Americans, especially their fellow students.

While most students stand silently, sometimes with their hats in their hands and their hands on their hearts, there are always those few who are intent on embarrassing themselves in front of their peers. Then we have the

students who feel obligated, probably with good intentions, to yell at the others: "Shut up!"

Neither one of these activities are appropriate and should come to an immediate halt.

If you don't respect the nation you live in, or if you don't like the song — fine. Just have the common courtesy to respect the wishes of your fellow students. If you can't handle that, then move to Russia. They will force you to show respect there.

Letters



Letters to the Editor

Campus police do comparatively well

To the editor:

I was troubled by the blanket statements of harassment that Bush made about local police departments (Feb. 23). After working with eight police and sheriff departments...in an emergency services capacity, I feel that I have been exposed to a number of styles of personalities and departments.

I have seen officers break down after extremely stressful and regrettable situations. There are also officers that I'm scared knowing they have a weapon.

In light of these experiences, I am impressed with our campus police. These officers have done well not only dealing with sexual assault cases, but also with other crisis situations... It is my experience that campus officers approach the student in a way that allows the student to maintain their dignity.

I know police harassment/brutality does exist... However, before statements are made, I suggest that Mr. Bush spend a shift or two with an officer...to see the "other side of the fence" and not further alienate the public or add to mounting prejudice.

Perhaps then more compassion will be experienced on both sides.
Signed,
Jackie Wittman

To the editor:

Last quarter I called campus security to find out if they had any rules governing (the play of laser tag), and I was told that as long as we called them before we began, there would be no problems.

Campus security attempted a drug bust in our hall that turned up nothing. That night I called the police station to inform them that we would be playing laser tag. About five minutes after I called, Officers Kent Sisson and Gene Guston showed up in our lobby and told us there would be no more laser tag in our hall.

As the discussion became more heated one of the officers said, "First the drugs and now this!"

...When I asked for the clarification (about where we could play), Officer Guston flew off the handle,

me he was getting tired of smart a— students...

A couple of days later I met with Chief Teeple. He told me the officers had no right to tell us that laser tag could not be played...

He asked me to have everyone involved write a description of what happened. The students...never took the time to write out their descriptions. Because of their lack of motivation, these two officers escaped being punished for their insubordination.

Everyone on this campus needs to take the time to report any activity by the campus security that they feel is questionable. If we don't start working together through proper channels, our campus will become a place where you don't dare invite a few friends over for some fun on a Friday night.

Signed,
Paul Twibell

To the editor:

In response to the Feb. 23 article by Mike Bush, "Police need compassion."

I fail to see the public value of an article degrading the service provided by law enforcement officials, which is based on an extremely narrow viewpoint of several isolated incidents...

Over the past two years I have been involved with CWU residence halls as a living group adviser and as a hall manager. During this time I had the pleasure of meeting Al Teeple, campus police chief, and several other officers...

I have seen these "power-hungry men in blue" sitting in a lobby full of freshmen giving presentations on topics ranging from campus safety to university policies regarding alcohol, drugs and even that "mysterious Ellensburg noise ordinance." I have also seen these "harassing officer Friendlys" helping victims of rape, violence, theft, alcohol abuse and even jump starting a car... I think they deserve an apology.

In any position of authority there are going to be those who will complain and use scatological language because they don't like the

You asked, "why make trouble?" in your article. Isn't that what you're doing here? My suggestion — stop complaining about your own personal opinions and live up to your journalistic responsibilities of public interest, professionalism and reality.
Signed,
John A. Graves

To the editor:

...(I'm a) law abiding citizen with no driving or arrest record.

Over the year, I have been pulled over or just followed many times for what appears to be driving at night from the Best Western, having long hair and driving a beat-up Volkswagen van. I've never been pulled over by the same officer. I keep telling my wife that they just want to "get to know me."

...One incident went a little farther... The Ellensburg police officer said I had entered a turn lane two blocks before my turn.

I said he was mistaken, my wife agreed, when he tried to incite an

incident by saying, "Would you like to argue about it?" I quickly said, "No."

He checked my license for "wants" then returned to my vehicle. He was quite professional and polite after he found out I have no record.

I know the police are watchful for drunk drivers and that most are deeply interested in protecting the public. But at times, officers make bad judgements and confuse enforcing the law with interpreting the law.

Harassment is embarrassing to law enforcement professionals, and yet, some officers push the limits to obtain arrest.

Signed,
Dale Hubbard

To the editor:

(In response to the Feb. 23 article "Residence hall activity: X-rated movie night.")

In the mission statement appearing on page 8 of the 1987/89 CWU catalog it is stated, "...the university

endeavors to provide students with programs and activities outside the classroom that enhance the academic program and contribute to the development of the well-rounded individuals."

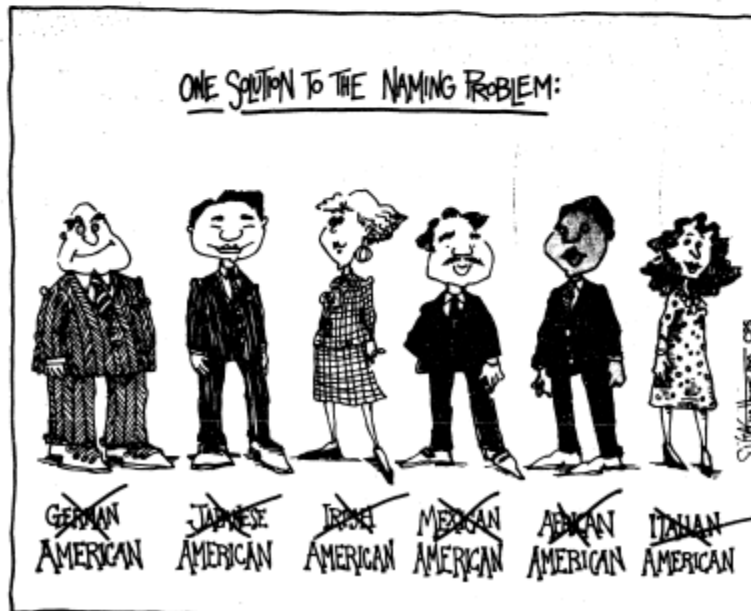
On page 9 of the same catalog, President Garrity is quoted as saying, "A university should have a profoundly positive impact on the way a student views himself, and the world and the future..."

An integral part of pornography is the flagrant insensitivity to the feelings of men and women. There is no emphasis on the beauty of an affirming relationship between partners. There is just sex.

Often times that sex can be ugly and violent for women... The films not only degrade women, they also degrade men.

(The living group adviser) stated "This is just another program." It is not. It goes against the mission statement and purpose of the univer-

See Sex page 7



Sex: movies degrade both genders

Continued from page 6

sity...

Do college students need to be well-rounded with the attitudes present in pornography?

Our nation is one of violence... Do we, as the members of an institution, need to possibly contribute to the perpetuation of the ugliness in our nation?

Alan Alda stated, "The relationship between a man and a woman is the testing ground for humanness in humanity." Shouldn't CWU aspire to sanction activities promoting humanness in humanity rather than degradation in humanity?

Signed,

Karen Ames

To the editor:

Regarding the article about females having been put on this earth in order to irritate males... I, too, have kept a mental record of what only "male types" do to irritate women.

(It started) in grade school with "Girl Gerns" just to be able to touch us then run around us in circles, screaming... Then it seemed like the next day boys decided to like and be nice to girls, which brought

about the notes... It is the girl that writes the note because the boy even in the fourth grade has his "Male Ego" to uphold...

The next point is the restroom. Women would not be carrying around large purses with almost everything in it if it weren't for the "Men" who compared them to the anorexic models in magazines...

Mike (Bush)...you seem to be upset about your relationship and want to take it out on women everywhere. Sorry, this is the '80s and we're not going to take it!

If you are embarrassed to be standing in the brassieres section of a department store walk somewhere else...

We women are tired of hearing men's complaints from a friend (or in the paper). Go directly to the problem and solve it!

Signed,

Us Satanie Women

(name withheld by request)

To the forum editor:

Your article about gay rights (Feb. 23 "Forum") was really informative...

I had a persuasive speech due that week for my communications class... I decided to use gay rights

for my topic, but I needed information.

A few days after reading that article, I went to talk to Dr. Don Wise, the person who decided to support the homosexual students by starting the gay support group here at CWU. He provided me with much information about homosexual people and their needs to feel at ease in our ruthless society...

Talking to Dr. Wise, reading your article and the student responses really opened up my mind. It also made me wonder about the sensitivity of the people in your article who stated that they don't believe in gay rights. Gays do not want any special treatment. They just don't want to be discriminated against.

Saying that you hate gay people is like stating that you hate someone because they prefer Burger King food over McDonalds. See how dumb that sounds!

I, too, think it is sad that support is offered not really to save dying homosexuals, but rather to protect heterosexuals (in regards to AIDS).

Thanks for opening up my eyes to seeing this. I just wish other would too!

Signed,

Robin Wehl

The Observer

The Observer, the official student newspaper of Central Washington University, is a laboratory newspaper in conjunction with the CWU communications department. Signed editorials represent the opinion of the author, assigned editorials are the view of the majority of The Observer editorial board.

Letters must be submitted by 5 p.m. Friday prior to the publication date. Any letters not signed with a phone number for verification will not be printed. Letters must be double-spaced and typewritten. We reserve the right to edit letters longer than 200 words for brevity. Deliver letters to: Editor, The Observer, CWU, Bouillon Hall Room 225, Ellensburg, WA 98926.

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The winter quarter Observer management staff from back left: Tami Schrank, sports editor; Ken Bishop, ad manager; Wendy Pitzel, ad manager; Denise Dahlger, copy editor; Renee Ricketts, editor; Mike Bush, managing editor; Todd Maley, copy editor; L. Gilbert Neal, adviser; Steve Douglas, photo editor; Mike Elbaron, scene editor; Susan Monahan, news editor; Debbie Scott, business manager; M. Scott Thomas, forum editor. Not pictured: Mark Svartzell, production manager; Pat Otter, ad manager; Colin McNair, circulation manager. (Photo by Gina Meyer)

STAFF WRITERS: Lisa Aitken, Roy Ellis, Betty Higgs, Mike Jones, Jon Mahr, Jenny Mathews, Benji Mogensen, Daina Murray, Mark Wavra

STAFF PHOTOGRAPHERS: Gina-Marie Meyer, Mike Patnode

PRODUCTION STAFF: Kristi Carter, Marina Clapper, Todd Ellinger, B.J. Thrifty



Forum

Lawmakers fear gun carriers; innocent die

by M. SCOTT THOMAS
Forum Editor

This being the last "Forum" column of the quarter, I thought we could end with a "bang." The gun control issue is back in the news with the recent Stockton, Calif. massacre.

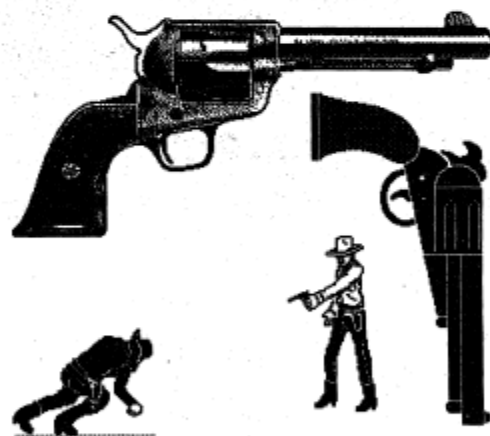
A few weeks ago, a gunman walked into a California school yard and spewed bullets from a Chinese AKS assault rifle, killing five children and wounding 30 others. How did this man get an automatic weapon in the first place?

These combat rifles are cheap and accessible, according to Sandy Grady of the Philadelphia Daily News. Fast-firing AK-47 rifles cost about \$375, and their Chinese imitations, \$300; Colt AR-15s are \$750, and the prized Israeli-made Uzi can cost around \$800.

Sure there are gun laws, but incidents like the one in California are becoming more prevalent. Last week, a young man stepped out of his Jeep about two miles from the White House and opened fire with a semi-automatic handgun at a crowd of 200 kids. Four were wounded.

It is no secret that these ultimate killing machines are also the prized artillery of drug gangsters.

After the shock of the Stock-



ton slaughter, paramilitary weapons were banned in Los Angeles and other urban areas. Washington D.C. reacted, but with another approach—one of non-action and blasé attitudes concerning the issue.

How could this be? The answer is simple. The National Rifle Association "donates" \$3 million to Congressional and Senate re-election funds annually (mostly for the benefit of Republican candidates). Supporting gun control makes our national law-makers fear the loss of two things: money and career opportunities. Therefore, Washington never has and never will make a law that the NRA does

not support.

Everyone knows that paramilitary assault weapons are not the guns of hunters. However, the NRA's main cry against the issue is that it will limit Americans' last masculine hold-out—killing animals for sport. This will not stop the NRA from pouring another \$3 million to crush gun control legislation.

President Bush is also a lifetime member of the NRA (more fun facts).

Of course, there are no easy answers. It will obviously take several more Stockton-like slaughters before Congress will react with needed gun control legislation.

Student responses:

"Gun control, specifically automatic weapons, are a good example of making changes for the common good. The threat of misuse is greater than the threat of losing the constitutional rights."

Tom Ward, senior

"I personally feel all guns should be illegal. Guns should be used only during wartime. All automatic weapons should be banned."

David Housh, senior

"I think guns should be legal for everybody. If they are illegal, the only people who could get them are the ones that should not have them. Automatic weapons should only be legal during war."

Tina Wedever, freshman

"I am for gun control but it is a person's right to own them. Automatic rifles should be controlled and handguns and pistols should be regulated."

Julie Caldwell, sophomore

"I am against gun control because the good people are the only ones who would obey strict regulations. Semi-automatics should be allowed for hunting."

Carl Zock, freshman

"I am against gun control. Somebody is always going to be able to get a hold of a gun. If something happened and you needed to protect yourself you wouldn't be able to."

Tony Johnson, sophomore

Research and writing for "Forum" is done entirely by M. Scott Thomas, a senior in CWU's communications department. The "Student responses" printed are a sample of those collected by Lisa Aitken. Thomas is not responsible for graphics used in "Forum."

Responses to "Forum" should be addressed to: Forum Editor, The Observer, Bouillon Hall, Room 225; Ellensburg, WA 98926.

Scene

Strippers expose themselves on campus

by DAINA MURRAY
Staff Writer

It was a typical Thursday night in Davies Hall. Residents crammed for Friday tests or watched "LA Law." But in one room, a secret male ritual was taking place.

Two lingerie-clad young women, "Vanity" and "Cassie," danced suggestively for the roomful of beer-guzzling, wide-eyed panthers to sexually-oriented songs like "Wild Thing" by Ton Loc and "Flesh For Fantasy" by Billy Idol. As they removed their lace teddies, garters and thigh-high stockings, leaving only a G-string and nylons, they paused frequently to extract dollar bills from patron's mouths — often with their ample cleavage.

The women danced and stripped for almost three hours, leaving the room many times to change costumes. They received \$200, plus plenty of tips and looks of gratitude for their services.

For the privilege of watching this exhibition, some of the men shelled out as much as \$10, not including tips. Others managed to talk the hosts into letting them in for \$3. That still left \$100 to be absorbed three ways by the men who organized the surprise birthday party — Mike Sullivan, 20, Edward George "E.G." Thompson, 22 and a 21-year-old who wished to remain anonymous.

"It was worth it," Sullivan said, smiling. "They were good looking enough so that any guy on campus who walked by them on the mall would turn his head."

Sullivan and the two other organizers said they called all over the state to find strippers for the party, but everyone was booked solid. They finally found an ad in the Yakima Herald for "Sophisticated Ladies," a strip-joint in the Tri-Cities area. Even then, they couldn't get them on a weekend, so they had to settle for a Thursday night.

The weekend before, a similar scene took place in Davies, but this time females did the groping and hooting as two male strippers performed for one of the women's 21st birthday party.

The action was tamer than at the all-male party, but the strippers still put the moves on, "dirty-dancing" with nearly everyone in the room. They flaunted their bodies in the women's faces, clothed only in a G-string, according to Lorelle Schmitt, 20, who witnessed the show.

"It was rather physical. There was a lot of touching," admitted Schmitt.

The men came in wearing overcoats and quickly stripped to bow ties and G-strings, she said. They danced for two songs and stayed for two encores.

"They liked how we reacted to them," she said.

The question is, does living in the only coed-by-room residence hall on campus create unusually high hormone levels, or are strippers becoming a more common sight on this campus?

The incident in Davies Hall was

the only on-campus female strip-show anyone — residents, living group advisers and the campus police — had ever heard of.

But Greg Holte said he and his partner, Mahmood Vahedian, have done eight to 10 strip shows in various rooms on campus since they started performing winter quarter under the name, ADFAN, derived from a combination of the words "adventure" and "fantasy."

Holte said the two usually strip for surprise birthday parties. For a \$45 fee (or \$40 for one) the two will dance two songs and then go on for an encore "if the crowd is receptive." After the first encore, they will stay longer, depending on the tips.

"College people are conservative when it comes to tipping," he said. "With the older crowd (off campus), the tips get better."

He said the younger women, especially freshmen, also get more embarrassed than the older ones and some shy ones have even run out of the room screaming. Performing for a less-inhibited crowd is a lot wilder, he said.

"They all get up and dance with you and they're screaming and yelling and everything," Holte said. Sometimes, though, the women get out of hand, trying to pull down their G-strings. Holte said he grabs the offending woman's wrist and squeezes, which usually causes her to let go.

When Holte and Vahedian do shows in the residence halls, they often have only a few feet in which to dance amidst a room of "wall-to-wall girls." But, he said, that's enough space for him.

"You don't need a lot of room to do cartwheels," he said.

How do LGAs and campus police feel about these strippers strutting their stuff in the residence halls? The response was respect for the residents' right to privacy and freedom of activity in their own rooms, within legal limits.

Campus Police Chief Al Teepees said he's not sure whether participants are violating any law by having strip shows in their rooms. But even if they were illegal, campus police couldn't regulate them, because what a person does in his or her own room is a privacy guaranteed by the constitution, he said.

Even if minors are present or are drinking alcohol, or other illegal acts are taking place, he said the police can't take action unless a complaint is made or the party spills outside.

"Unfortunately, most people aren't going to complain about strippers," he said.

According to Sullivan, the LGAs in Davies knew about the party. Their only stipulation was that the men abide by the 10 p.m. quiet hour rule, so they moved the party off campus at that time, he said.

Two weeks ago, a Barto LGA, Gisella Zuniga, was treated to a performance by Holte for her 20th birthday party.

"It was really embarrassing," Zuniga said. But, she admitted, "It was fun."



Local male strippers Mahmood Vahedian, left, and Greg Holte perform regularly for private parties in the Ellensburg area. (photo by Gina Myer)

Jazz Nite displays student talent

UNIVERSITY NEWS — Since the arrival of CWU music professor John Moawad in the fall of 1970, audiences have been treated to a night of jazz every academic quarter. This quarter's "Jazz Nite" is tomorrow night at 8 p.m. in Hertz Recital Hall.

Five ensembles will showcase their talents in an "exciting full evening," Moawad said. The 17-member jazz lab band will open the show under the direction of CWU graduate John Maxson. Their set includes "Tenderly," a 1950s ballad put on the Hit Parade by Rosemary Clooney, according to Maxson. The piece will feature Mark Talerico on alto saxophone.

Performing next, the 26-member jazz choir, directed by CWU grad student Claire Vangelisti, will perform "a rich and variegated selection of swing and bebop numbers," Moawad said.

The third performance of the evening will come from the Central stage band, under the direction of CWU grad student Pewter Coutsouridis. They will perform Thad Jones' "Kids are Pretty People," featuring a trumpet-alto sax duet by Rich Michelson and Pete Littlefield. Other soloists are Debby Coney, Andy Kelly and Mark Dennison.

Next in the Friday evening line-up is Central's

vocal jazz ensemble, under Moawad's direction. They will perform arrangements by students in the group, including "All Of Me," arranged by freshman Chris Stoner; "Aire Gin," (Nigeria spelled backwards) a post-Bach piece arranged by senior Dave Cazier and "Autumn Leaves," arranged by sophomore Monte Whitbeck.

The CWU jazz band will close the evening with "a rich variegated display of styles, including music from some of the giants of the Big Band Era," said director Moawad. The groups will feature the music of such greats as Tommy Dorsey, Benny Goodman, Count Basie and Stan Kenton. A highlight of the group's performance will be a drum solo performed by Aaron Hennings in the piece "Sing, Sing, Sing." The solo was made famous by Gene Krupa, a jazz drummer from Benny Goodman's band. The performance of the jazz band will be "laden with many outstanding soloists," said Moawad.

The different ensembles performing at "Jazz Nite" represent varying levels of experience and musicianship and allow Central students, both music and non-music majors, to express their talent and play music from the 1930s through the 1960s, according to Moawad. "We occasionally play some contemporary music," he said.



The rock band SPECTRE. From left to right: Scott Hatala, Dave Cordell, Mark Fassett, Dave Fassett and Jonathon "Ewok" Maskew.

SPECTRE 'live' at Barto

by BETSY HIGGS
Staff Writer

SPECTRE, a local band with two singles frequently heard on KXLE, is scheduled to play tomorrow night at the "Harry B's" club in Barto lounge.

"We have an hour and a half of our own stuff, plus cover tunes from the '50s, '60s, '70s, and '80s," said Scott Hatala, SPECTRE bassist and backup vocalist. "We'll also be showing off our stand-in drummer, Craig Hines, for the first time. We think he's really good."

The band's regular drummer, Dave Fassett, is in high school and can't always perform. Other band members are CWU students Dave Cordell, lead vocals; Mark Fassett, lead guitar; and Jonathan Maskew, rhythm guitar. Doug Savelesky and Bob Crawford, also CWU students, mix the band's sound and control

the lights during performances. SPECTRE recently completed some pre-production work and is ready to release an album.

"We've been together for three years," Hatala said. "Playing junior highs, high schools, college campuses, bars and every conceivable place to have a band. We'll be playing Gatsbys in Spokane soon, and the Pagoda here in April. We're doing Harry B's for exposure, not money, and because Noreen has done such a good job advertising it."

Noreen Elbert, Barto hall manager, founded Harry B's in cooperation with Residence Living and the Barto living group adviser staff. The club, named after Harold Barto, was designed to give local groups a chance to perform and CWU students something to do.

Harry B's is currently a bi-monthly program but hopes to expand into a weekly night club.

'Vat Night' showcases local musicians

By DENISE DAHLAGER
Copy Editor

Above the sound of general chaos, spilling beer, shouting, dancing, and more beer, a James Brown-screetch exploded — "oowwww!"

Regular Thursday night Tav customers recognize the sound of Z-Trane, a jazz band made up of 10 Central students.

"I feel good!" screamed lead singer Steve O'Connell to a full house last Thursday.

Z-Trane performs every other Thursday, alternating with "Vat Night" at the Tav. On "Vat Night," you may hear any number of jazz performers—including those in Z-Trane. The name "VAT" is derived from spelling "TAV" backwards.

"Vat Night" is great," Tav bartender John McDonagh said. "I think the Central music department isn't appreciated enough and this is an opportunity for them to have an audience where everybody appreciates them, and everybody has a good time. It's an excellent department, they just need more visibility."

The Tav is working to give the department this publicity. The audience is there — people were even turned away at the door.

"We want people to know that every Thursday there's music at the Tav," said Scott McKinlay, horn player for Z-Trane.

Most Z-Trane members play in the CWU jazz band. Three months ago, Z-Trane approached McDonagh and asked if they could play.

McDonagh, who also sings while he's "working" said, "They came to me and said, 'Hey, can we have a night where we can just come in and ad lib and play what's going to make everybody happy?' I agreed. So now they come in and have a good time. So do I. I have a lot of fun when they're playing and I'm working."

According to McDonagh, Tav party goers threatened to leave and quit drinking if he didn't perform with the group.

"Well, they didn't actually threaten to quit drinking beer. I knew that was too far for all of them to go," he said.

Bob Bradley, saxophonist, and McKinlay went to high school and community college together and formed Z-Trane. With the help of Erin Smith, Jim DeJoie, Greg Lyons, Gina Zakowski, Todd Peterson, and John Wikan, Z-Trane was well

underway. Other members were then added. If you happened to miss it, the bar was packed, people were standing on benches to see over the crowds, and dancers were "swinging."

"It's about time we got a classy

band in Ellensburg," said Kent Ratcliffe, senior.

Z-Trane plans to continue playing at the Tav. They perform again next Thursday.

"They're great, I'll be back!" Pat Frable, senior, said.



Z-Trane's Steve O'Connell and Steve Hassan get down with the crowd during at The Tav. (photo by Steve Douglas)

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Central bodybuilders pump up at Han's

by MARK WAVRA
Staff Writer

Han's Gym, a locally owned and operated physical fitness facility, is the workout center for some of Central's weight training standouts. Han's is where some of Central's competing weight lifters and bodybuilders get in shape and prime for competitions.

According to Terry MacPherson, manager of Han's Gym, four of the most impressive student bodybuilders are Michelle Sherin, a 20-year-old sophomore from Anacortes; Terry Legan, a 19-year-old freshman from Port Orchard; Sonja Strehmel, a 22-year-old junior from Stuttgart, West Germany; and Robert (Pete) Davidson, a 23-year-old sophomore, also from Stuttgart. They all lift weights and exercise at Han's.

Sherin said she powerlifts for sport and for recreation. Powerlifting is a sport that requires a person to perform three different lifts — bench press, squat, and deadlift. The accumulated weight from all of the lifts is added up and the competitor with the largest number of total pounds wins.

Sherin has competed in the women's national powerlifting championships in 1985, 86, 87, and 88. She won the national teen title her first three years and placed second in the women's division her last year, earning Sherin the first alternate position for the World Championships. She holds the National and American bench press records of 198 pounds.

In addition to her national titles, Sherin has held numerous state records.

She started weight lifting six years ago in her first trainer's garage in Sedro Woolly. At the time, she said that she did not realize her full potential.

To keep her body in tournament condition, Sherin lifts weights two hours a day, five days a week. She believes this dedication is necessary to her sport.

"If I miss a few days, I feel all fat and out of shape," said Sherin. "I can't live with myself."

Professionally, Sherin wants to become a physical fitness specialist so she can strength-train serious athletes. Athletically, she is striving to squat 350 pounds, deadlift 350 pounds, and bench press 210 pounds, for a total of 900 pounds. This would give her the national record.

She plans to accomplish all of her goals through hard work and honest

effort without drugs or diuretics.

"I'm totally against steroids and other drugs," said Sherin. "The only way to get better is to work harder."

Legan said he was inspired to lift weights by reading magazines like *Muscle and Fitness* and *Flex*, and watching bodybuilding specials on ESPN. His athletic background — three years of football at South Kitsap High — endowed him with a strength training background.

Legan is gearing up for his first competition, the Vancouver Natural. His priming for competition includes working out, dieting, and tanning.

Legan lifts weights three days out of four and runs. In order to emphasize his muscle definition for his upcoming competition, he has had to change his normal diet.

"I need to lose fat and gain muscle so I'm cutting fattening foods" said Legan. "I can't go out and eat ice cream or pizza. I just suck lemons and drink distilled water."

Legan also doesn't believe in steroids and diuretics, but admits that they are helpful, if not essential to being a professional bodybuilder.

He also claims that tanning helps his muscle definition. The darker his skin, the more it emphasizes his individual muscles, giving him the coveted "ripped" look.

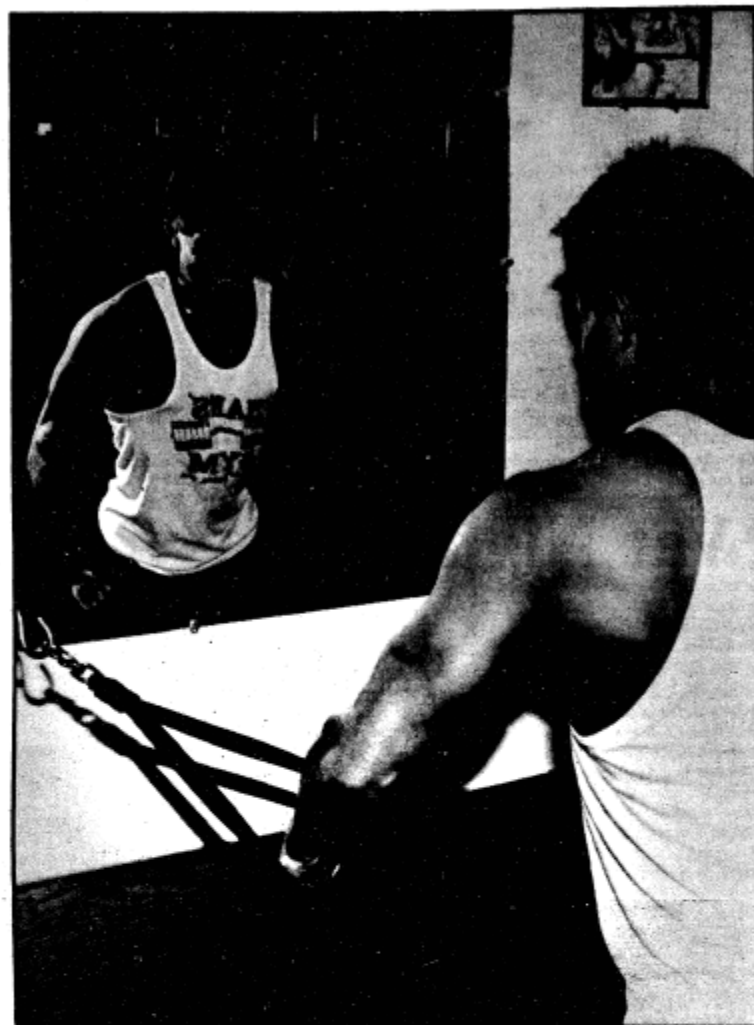
According to Legan, the benefits of the sport are the healthy feeling of being in shape and the self-esteem that comes from looking good. These assets, plus his desire to become bigger and better, inspire him to set goals of becoming a professional bodybuilder.

Strehmel considers herself a born bodybuilder. She feels that her broad shoulders and naturally high metabolism are beneficial to her sport. Davidson, her boyfriend, first interested her in weight lifting, and now she has developed her own workout schedule.

Strehmel feels hesitant to participate in a competition, mainly due to her love for sweets and her being a "harsh self-critic."

"Dieting is the hardest part of preparing for contests," said Strehmel. "I love all kinds of sweets and it's hard for me to give them up. You have to cut out all kinds of fattening foods and sweets when you diet for a competition and I'm just not prepared to do that yet."

The other factor that she claims inhibits her from competing is the fact that she compares herself with people who she considers to look much better than her. This discourages her, but she still plans to compete sometime in the near future.



Central freshman Terry Legan pumps up during a workout at Han's Gym. (photo by Steve Douglas)

Her workout schedule is comprised of three to four hours of "intense" weight lifting, five to six days a week and running long distances.

Strehmel's favorite part of working out is the social aspect of being in a crowded gym. Although she enjoys the sport and believes she has a lot of potential as a bodybuilder and loves the sport, she does not plan to go professional. Instead,

she aspires to compete just to see how she compares to other bodies.

Davidson has been competing as a bodybuilder for seven years. He is currently holding himself out of competitions so he can gain mass, but has his sights set on the Emerald Cup next year. Bodybuilding is his sport, and since he is employed at Han's, it is his job too.

See Body page 11

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Eli's Xtra

Finals may seem like a bad dream to many students. Now a professor has found they're a nightmare that doesn't go away.

Many people report still having nightmares about finals 20 years after graduating from college, reported Dr. Anne Shurling, a psychology professor at Transylvania University in Kentucky.

Shurling surveyed people who graduated from Transylvania from 1968 to 1978, and found that 27 had bad dreams about finals while they were in school. Of the people who had dreams, 82 percent said they still occasionally have nightmares about tests.

Finals, Shurling said, consist of "three or four days of intense pressure that is repeated at the end of each semester. A student who successfully completes four years of college will have undergone as many as 12 sessions of final examinations. Repeated pressure of that nature can very easily have a lasting effect."

The most common dreams were of not being able to find the classroom where the test was to be given and forgetting to drop the class.

CPS

Summer travel awaits students

by LISA AITKEN
Staff Writer

Club Senate is offering Central students the opportunity to have an adventurous summer vacation.

Spring break and summer tours are available to all students interested.

"With spring break so close, we are now focusing on summer vacation," Darin Pike, representative to clubs and organizations, said. "You don't have to be a member of a club to participate."

Magellan Tours, a wholesale tour group, is using Club Senate as the outlet to promote the tours.

"We won't be making any money from them (Magellan Tours)," Pike said. "Club Senate thought it would be a good way to service all of Central's clubs by getting this trip together."

"It would be nice to see a large group of students go to the same destination," he said. "Hopefully that way new friends could be made

and students can broaden their understanding of their peers while encountering a new culture."

Some of the destinations available include Daytona Beach, Fla., Puerto Vallarta, Cancun and Rio de Janeiro.

"Right now we are pushing the South American trips," Carlos Ward, the travel agent in charge of the tours, said. "Although the air fare is more expensive, once you get there the American dollar has a lot of buying power."

"For example the trip to Rio is \$1,059, but the air fare takes up \$959 of that amount," he said. "The

other hundred dollars pays for a week of lodging — that is really inexpensive."

Most of the tours last from nine to ten days. Prices range from \$539 to \$1,059. Club Senate has not yet decided on a specific trip.

"It will depend on the interest of the students," Pike said. "If there is enough participation, students will be able to choose from more than one destination."

Diana Collins is Central's representative. She will be making all arrangements and can be contacted through the ASCWU office.

Body: 'Dieting is hardest'

Continued from page 10

His strength training background started with gymnastics, football, and wrestling. At age 15, Davidson placed sixth in the Teenage Mr. Washington competition and began an athletic career as a bodybuilder.

Since then, he has competed in regional competitions, various army sponsored tournaments, and the Munich International in 1985 and 86, where he placed fourth and fifth, respectively.

Davidson works out year-round to keep his body "hard and lean." When priming for competitions, he works out more frequently and diets.

He claims that grooming for competitions is not a chore for him.

"I just do more reps of lighter weights," said Davidson. "Dieting isn't too tough for me either. I just cut down on my fat intake and boost my protein levels."

He said that his main gripe about bodybuilding is that the Olympic committee recognizes it as a discipline, not a sport.

"This is a basic misconception," said Davidson. "Even though we train and compete it is still not regarded as a sport."

His said his goals are to be a top professional, but more importantly, to incorporate fitness into his lifestyle and profession.

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Mike Bush

You don't understand — it's just a joke

There are certain things in the world which make people everywhere ask "Why?" These are everyday occurrences that make absolutely zero sense, but still we live with them. I find that is my duty to inform students of this for two reasons. One, because I control the physical universe and know all that goes on in the world and two, because I need to write enough words to fill a page now that our advice

columnist is no longer with us. Anyway, it's time somebody brought these things to attention.

Like autographs. Every time we see a celebrity, we immediately think to ourselves, "Boy, would I like to get their autograph!" So you go up to the celebrity, who could be doing anything from relieving himself in the restroom to trying to revive his dead aunt, and ask him to sign a piece of paper. I am fairly

certain that all celebrities go out of their homes in hopes that Joe Blow from eastern Selah will ask them to sign their name. When you finally do get the signature, you show it to all of your friends, giving them the impression that this was the single most gratifying moment in the celebrities life. Then what? What are you going to do with it, put it on the wall? Wow, you've got Bryant Gumbel's signature. Aren't you able

to sign your own name? What's the big deal?

Like Ed McMahon. How on Earth did he ever get to be rich and famous? the man has absolutely no talent in any area, with the possible exception of laughing at jokes that were funny at the same time Aristotle was a big name in the philosophy business, and contain the same amount of humor as, say, a public execution. Now, you can go to your mailbox and find his face plastered on large puke-yellow envelopes that say: "You may have already won the state of Maine!!!" I think it would be a lot more fun to enter the Clearing House Sweepstakes if the envelope read something like: "Congratulations, you may have already won the opportunity to have Ed McMahon as your personal slave!!!"

Like "Murder She Wrote." First of all, Angela Lansbury's usefulness to the entertainment industry went out with the making of "Bedknobs and Broomsticks," when she got to fly around on a Posturepedic for a good hour and a half with annoying children who never learned that it is very dangerous to fly around on beds without the approval of the Federal Aviation Administration. No wonder there are so many airplanes crashing when there's mattresses flying all over the place. Second, the show is basically the "Love Boat" of the Eighties. A virtual cornucopia of aging stars who, now that Fantasy Island and Love American Style have been fed to wolves, can't find work in Hollywood unless they wish to do toilet paper ads. Third, Lansbury play a writer who solves murder cases and has not, by some miraculous twist of fate, been killed yet. If you had just killed one person and some old lady was snooping around, suppying to find out who did it, wouldn't you want to bash her in the skull with her typewriter? I would.

Like Gina who works in the Mass Media Lab. I went down there to laminate something and overheard her say "I hate Debbie Gibson." Gina, how can you possibly hate Debbie? She's more American than Disneyland. In fact, she should be on display at Disneyland. Tour guides could walk by and tell the tourists: "Welcome to Extremely

Cutesy Land. Listen while the mechanical Debbie Gibson sings you a song about bubble gum." Fascinated tourists could then knock each other out of the way in order to snap thousands of pictures which they can bore friends to tears with later.

Like Elvis Experts. In every issue of your average supermarket tabloid, which by the way, never lie unless there might be a few bucks in it, you will find a quote from a bona fide "Elvis expert." These are people who analyze blurry photos of the King and say things like "Yup, this is real, no fakery here, he is alive!" How do these people — like Maria Columbus of the Elvis Special Photo Association in Pacifica, California — become experts in the Elvis field? Do they take classes? I think they must have to go to a place called "King University" and get a degree by taking classes in such things as Sideburns 101 and Hip-wiggle 234.

Like getting drunk. Why? If someone told you that they wanted to involve you in an activity in which you had to consume large quantities of a beverage that didn't taste all that good and smelled worse, after which you had to stumble around aimlessly and embarrassing yourself in front of everyone you know, then after several hours of this, you must kneel in front of a toilet and try to send your insides through a small opening in your throat, only to pass out there and wake up feeling that someone had smacked you in the head with a Subaru, would you want to partake in the activity? I didn't think so.

Like this column. Why would anyone with even the smallest shred of common sense want to write a humor column only to take endless abuse from people who don't realize what the word humor is supposed to mean? For all of you who don't know — loosely translated from its original Greek meaning, humor is "something that no one should take seriously and certainly, whether he is funny or not, no one should make death threats to said humorist."

So, listen up all you feminists, intramural referees, Ed McMahon fans, Elvis experts and friends of Gina — IT'S JUST A JOKE AND I MAKE MOST OF IT UP!!!

Hahahahahahahahahahaha!

Greg Goessman

ACROSS

- 1 Oriental nurse
5 Night birds
9 Cleaning utensil
12 Story
13 Region
14 Time gone by
15 Printer's measure
16 Sagacious
18 Marry
20 Paid notice
22 Intertwine
24 Rodents
27 Matures
29 Stalk
31 Small rug
32 Calumniate
34 Wild plum
36 Japanese drama
37 Repeals
39 Vegetable

41 Symbol for tellurium

- 42 Poses for portrait
44 Strip of leather
45 Terminate
47 Makes lace
49 Directs
50 Halt
52 Knocks
54 Fulfill
55 By way of
57 Food fish
59 Pronoun
61 Female deer
63 Twirled
65 Evergreen tree
67 Those holding office

DOWN

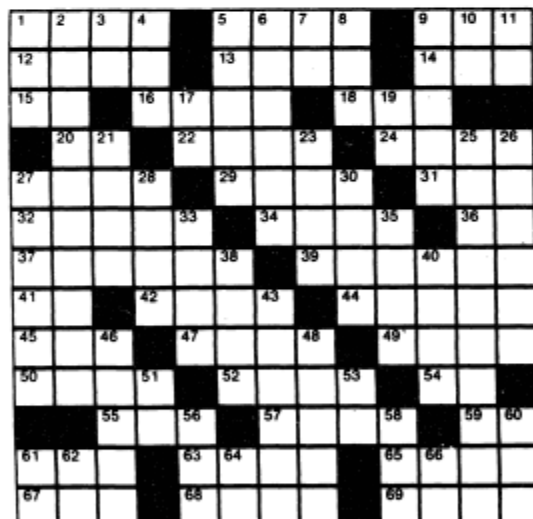
- 1 Devoured

- 2 Control
3 Indian mulberry
4 Chop
5 Fertile spots in desert

Puzzle solution on page 15

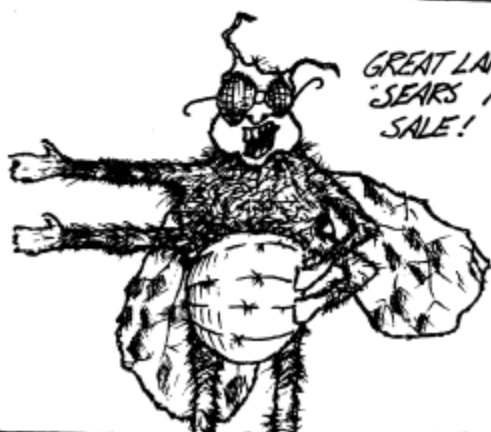
The Weekly Crossword Puzzle

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- 6 Takes from
7 French article
8 Carpenter's tool
9 Title of respect
10 King of Bashan
11 River in Italy
17 Negative prefix
19 Teutonic deity
21 Erase: printing
23 Succor
25 Equivalent in value
26 Bends
27 Lessons
28 Transgressions
30 Cries like a cow
33 Redact
35 Girl's name
38 Asterisk
40 Dry
43 Sculptured likeness
46 Pigeons
48 Spirit: colloq.
51 Greek letter
53 Symbol for tin
56 Viper
58 Suitable
60 Diocese
61 Roman gods
62 Attached to
64 Hebrew letter
66 Maiden loved by Zeus

STUPID INSECTS



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SALE!

DEDICATED TO TOM

Sports
Sports
Sports



Sports

Wildcats battle Western in playoffs

by ROY ELIA

Staff Writer

TAMI SCHRANK

Sports Editor

Central Washington opposed Western Washington last night at Bellingham's Sam Carver Gym in the third and deciding game of the NAIA District I men's basketball championship series.

The winner advances to the NAIA national tournament in Kansas City, Mo., that begins Tuesday. Due to *The Observer's* Tuesday deadline, the results will be carried in the first issue of spring quarter.

CWU vs. WWU

The Vikings forced a third game with a 92-83 victory over the Wildcats Monday night in front of a sellout crowd at Nicholson Pavilion.

Rod Whatley led a balanced WWU attack with 24 points. Manny Kimmie and Ed Briggs contributed 16 each.

The visitors led 43-42 at halftime, and blew the game open with a 23-3 run to start the second half on their way to a 76 percent shooting performance in the second stanza.

"They played some good defense," Central coach Dean Nicholson said of the Vikings. "And we lacked some patience (on offense)."

Western's early second-half success had been a part of the three previous meetings between the two teams. Nicholson was hard-pressed to explain how this pattern continued Monday night.

"We talked about it at halftime," Nicholson said, "but could not avoid it."

Despite the disappointing setback in front of more than 3,700 fans, Nicholson was optimistic that his charges would be able to register a win to qualify them for nationals.

"Our team will bounce back and play better," Nicholson said. "We're better than we showed tonight."

Three Wildcats hit the double-digit column. Jim Toole tallied 24 including six three-pointers, Carl Aaron had 21 and Steve Evenson 17.

Central went to Bellingham Saturday and stunned the Vikings with a 91-75 victory in game one of the best-of-three District I championship series.

After a slow start, the 'Cats began to pull away at the end of the first half and led 43-34 at the half.

Western closed to within one before Central pulled away in the second half. Excellent free-throw shooting by Aaron (11-14) and Bryan Gerig (8-10) contributed down the stretch.

In a game laden with emotion, four technical fouls were assessed, one against Central and three against Western. The Vikings also seemed to be getting frustrated at the end and began fouling flagrantly which gave the 'Cats two free throws and possession of the ball each time.

Aaron led four Wildcats in double figures with a game-high 27 points. He also had 10 rebounds. Jock White added 16 points, Gerig had 12 and Van Beard had 11.

Manny Kimmie led four Vikings in double figures with 21 points and 10 rebounds.

CWU vs. Lewis-Clark

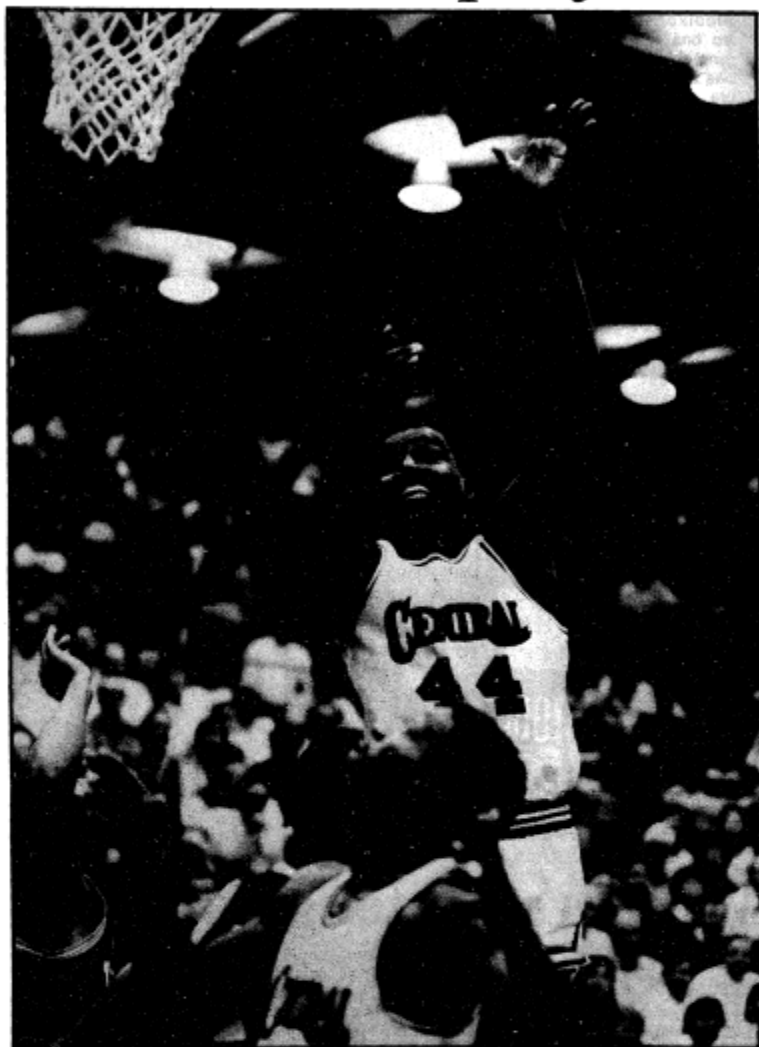
The Wildcats avenged two regular-season losses to Lewis-Clark State by walloping the Warriors 111-84 in a first-round NAIA District I playoff game at Nicholson Pavilion.

The victory, coupled with Western's 87-63 playoff win over Whitman in Bellingham, set the stage for a third consecutive showdown in the district championship series between the Wildcats and the Vikings.

"We plan on turning it (the intensity) up another notch," senior forward Carl Aaron, who tied Jock White for team scoring honors with 20 points, said. "Home court advantage doesn't really matter. There is only one way to go and that is to the top."

"This one was really sweet," reserve Steve Evenson, who scored 13 points in his first appearance in two weeks, said. "Everybody was pumped."

One aspect of the resounding victory that pleased head coach



Senior center Van Beard (44) goes for two points through a crowd during Monday's playoff loss to Western Washington. (Photo by Robert Sorbo)

Dean Nicholson was his ball club's scrappy defense.

"We had better intensity,"

See Playoffs page 15

Men take 6th, women 8th

by KEVIN DEKOSTER

Contributing Writer

The Central men's swimming and diving team placed sixth and the women placed eighth at the NAIA national championships March 1-4 at Milwaukee, Wis.

The men's finish behind champion Drury College (Mo.) was their 21st top-six finish in the last 26 years.

Mike Platte, a national qualifier in swimming, suffered a back injury prior to nationals and was unable to compete.

"Mike would have made a difference, possibly moving us up one or two places," coach Lori Clark said.

Andy Platte captured the national championship in the 100-yard butterfly

49.90, only .11 off the national record.

His victory completed an impressive statistic — Central has now had a national champion in every men's event, both individual and relays.

The Yakima freshman also earned All-America status as he finished third in the 100-yard backstroke (53.63) and fourth in the 200-yard butterfly (1:54.27). All-America status is earned by finishing in the top six of an event.

"The women's team was led by Shari Mars. The freshman earned a fifth-place finish in the 1,650-yard freestyle in a school-record time of 17:53.19.

Mars also placed eighth in the

200 butterfly (2:18.36). All three times were career bests.

"Shari hit her taper just right and turned in some fantastic times," Clark said.

Academic All-American Lorijo Clauch placed third in the 100 backstroke in a time of 1:01.81.

Alan Lagervall, a transfer diver from the University of Nevada at Las Vegas, placed second in the 3-meter diving competition and fourth in the 1-meter competition.

Lagervall, Clauch, Audra Hamerschmidt and Julie Zentner earned Academic All-American status this season on the basis of their grades.

Complete listing of Central fin-

Sports Slate

Mar. 9 - 15

Men's Varsity Basketball

Mar. 14 - 20 NAIA National Championships in Kansas City, Mo. (the team will go only if they beat Western Washington last night)

Baseball

Mar. 10-12 at Lewis-Clark State College Tournament

Women's Tennis

Next match is Mar. 28 against Yakima Valley College

Men's Tennis

Next match is Mar. 28 against Yakima Valley College

Co-ed Track and Field

Mar. 11 at Pacific Lutheran University Salzman Relays

Golf

First match is March 23-24 at Tri Cities Intercollegiate

Wildcats off to running start

by JON MAHN
Staff Writer

The men's outdoor track season will begin March 5 at the University of Washington, but tracksters have been turning out since January.

The indoor season finished last weekend at Kansas City, Mo., as Scott Bickar competed in the 35-pound weight throw.

Walter "Spike" Arlt, men's track head coach, estimated that nearly

25 more athletes than last year will turn out for this season, to make a squad of almost 70 men.

"This year our sprint core is really up with a good group of one hundred-, two hundred- and four hundred-meter men," Arlt said. "The middle distances are also strong in the eight hundred- and fifteen hundred-meters."

Arlt also said that the team will be very strong in the marathon, the long jump, the triple jump, the pole vault and all throwing events.

According to Arlt, key returners for the sprint core are Carl Fite and Keith Baker in the 100- and 200-meter dashes and Keith Baker, Mike Smith, Mark Ward, John Arlt in the 400-meter hurdles and Greg Olsen in the hurdles.

In the middle distances, Arlt is looking to returners Robert Kyler in the 800-meter run and Gary Anderson in the 800- and 1500-meter runs.

Long distance returners are Brad Hooper in the 5,000-meter run — if he can overcome injuries — Carleton "Buck" Jones in the 3,000-meter steeplechase and Dominic Urbano in race walking. Urbano placed seventh in the nation last year at the national indoor track meet.

In the throwing events, Arlt is looking for leadership from Scott Bickar in the hammer throw, Chris Cooley in the javelin and Bill Walker in the shot put. Walker took third in the shot put last year at nationals.

Arlt will be looking for contributions from Scott Kenney and Ron Olsen in the high jump and John Devlin in the pole vault.

"Each year we are at least two or three in the always-tough district standings," Arlt said. "Last year we broke through and won the district championships by four points over Western, showing how competitive our league is."

According to Arlt, Central's biggest rivals again this year will be the Western Washington Vikings, who always make things tough for the 'Cats.

Arlt foresees CWU as having another competitive and highly productive season.

"If we can keep everyone healthy and eligible, I'll be happy and we will beat the teams we have to beat," Arlt said.

Baseballers begin season with losses against WSU

by ROY ELIA
Staff Writer

Prior to a scheduled doubleheader Tuesday at the University of Washington, Central Washington University's baseball team sported an 0-2 record after dropping a twin bill last week to Washington State in Richland.

The Wildcats had games postponed this past weekend at the College of Idaho and Gonzaga because of bad weather.

CWU, the defending District I and Area I champion, travels to Lewiston tomorrow for the Lewis-Clark State Invitational tournament. Joining the 'Cats and host Warriors in the four-team field are the College of Idaho and Linfield, last year's NAIA District II champions.

CWU vs. WSU

Central scored a run in the top of the first inning, but was shut out the rest of the way as the Cougars tallied 12 runs in the first three innings

and cruised to a 16-1 victory.

Brian Baddley singled to lead off the contest, and advanced to second when Ron Kostick walked. Both runners moved up on a passed ball. Baddley scored on a sacrifice fly by Justin Brunson.

Game two was much closer, but a WSU run in the bottom of the ninth inning proved to be the difference in a 12-11 Cougar win.

The Wildcats overcame an early three-run deficit, scoring seven times in the fourth inning, two runs coming on a Kostick double.

Washington State responded with two runs in the fourth, five in the fifth and one more in the sixth, taking an 11-8 lead into the ninth inning.

The Wildcats scored three runs to tie the score, 11-11, only to see the Cougars push a run across in the bottom of the frame to get the win.

Dave Siguaw and David Herrick paced Central's offensive attack with two hits each.

Lady 'Cats ready for season

by JON MAHN
Staff Writer

The women's track season began March 4 at the Whitman Invitational in Walla Walla, but the lady 'Cats have been preparing for the district competition since early January.

The women got off to a slower start than the men because their indoor competitions were canceled.

According to head coach Doug Adkins, the team of 30 looks very good for this season, with a surprisingly strong group of freshmen.

"These young freshmen are really outstanding, and I hope they will only improve as the season evolves," Adkins said. "To show you how good they are, our whole relay team is made up of freshman and they really look good."

Adkins noted a strong group of distance people such as Kristelle Arthur, someone who in Adkins words has "national potential" in the half mile and the 800-meter run.

Other distance runners expected to contribute are Kerrie Cavaness running primarily the 10,000-meter run and Mary Veneziani, who as already qualified for nationals in the marathon by winning last year's district race.

Adkins also recognized the good team of jumpers turning out this year.

Kris Kjolso will be "a really good long jumper," according to Adkins.

Adkins will be looking to Sonia Swan and Susan Snell in the high jump.

He said that the hurdlers will be good this year and will be led by Kristi Koester and Sandy Riley.

Adkins finished by saying that the throwing crew will also be very good, being led by Sandy Draper, who specializes in the shot put.

The team to beat this year is the always-strong Pacific Lutheran University, according to Adkins.

"PLU is the best, no doubt about it. But we will make them work a little bit this year," Adkins said.

See Women's track page 16



The Central Washington men's track season got underway last week. This shot putter is one of the 70 men turning out this year. (Photo by Robert Sorbo)

Wrestlers get tough draws

by MARK WAVRA
Staff Writer

Central's remaining wrestling squad suffered from tough first draws at the National Wrestling Tournament. All three Wildcat grapplers were set back by losing their first round matches.

The traveling team consists of Chris Mason, 126 pounds; Sandy Stevenson, 142 pounds and Ed Lacross, 190 pounds. In Jamestown, N.D. these three competed in the national wrestling tournament.

None of the wrestlers placed, but wrestling coach Hedj Nelson said that he was not disappointed by this.

Mason drew the tournament's number-two seeded wrestler, Larry Stanbough (Huron), for his first match. He lost 3-2 to Stanbough, who went on to win the tournament. Mason defeated his next two opponents, Sean Huff (Wilmington), 11-9; and Dave Shafer (Minnesota-Duluth), 7-1. He lost his final match against Kevin Byrd (Olivet Nazarene), 8-2. Mason's season record was 24-17-2.

"I thought Chris was capable of placing, but he got caught up in a five-point move in the first round of his last match," Nelson said. "It is really hard to bounce back from something like that."

Stevenson was pinned in his first match against the tournament's number-three seeded wrestler, Trevor Lundgrin (Minnesota-Duluth). He won his second match against Benney Quang (Northwestern in Iowa), 11-1. He then pinned Jeff Welder (Moorhead State) in 10:56.

See Wrestling page 16



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Body Logic

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MUSCLE VS FAT

Have you made a commitment to get rid of your excess fat and replace it with muscle before bathing suit weather arrives? Or are you still content to hide those pounds under sweaters and down? Here are some facts about muscle and fat that might give you the incentive you need: muscle weighs more and is denser than fat, but it burns more calories; muscle moves more efficiently; fat takes up more space and hinders muscle contraction; fat increases resistance and slows down movement; too much body fat increases blood pressure and the risk of developing heart disease; each pound of fat adds one mile of blood vessels the heart must pump blood through; the contraction of muscle helps move blood efficiently. Convinced? You can alter your body composition. Cutting back on calories (especially those from fat) combined with a regular aerobic exercise program will help you achieve a sleek physique!

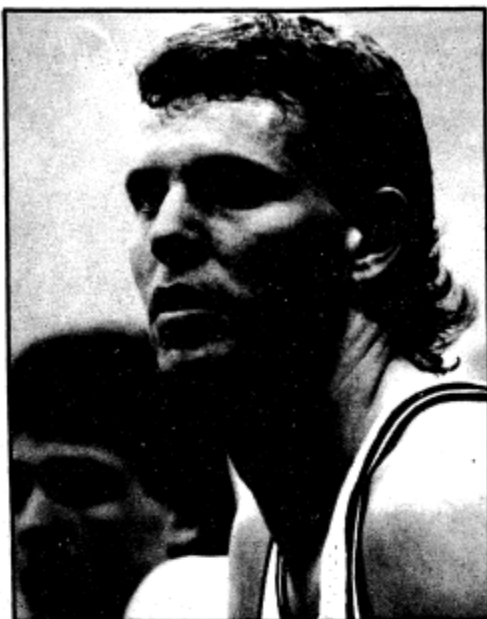
Swimmers place at nationals

Men's results

1-meter diving - 4. Alan Lagervall, 375 points; 10. Tom Wright, 350.20; 15. Tim Barlow 308.30 **3-meter diving** - 2. Lagervall, 461.2; 7. Tom Wright, 382.8; 13. Tim Barlow, 356.5 **200-yard medley relay** - 8. CWU (Buzz Vickery, Dan Balderson, Andy Platte, Fraser MacDonnell), 1:31.87 **800-yard freestyle relay** - 10. CWU (Vickery, Chad Youngquist, Scott Ericson, Platte), 7:06.27 **200-yard freestyle relay** - 9. CWU (Youngquist, Scott Yates, MacDonnell, Vickery), 1:27.11 **100-yard butterfly** - Platte, 49.90 (new school record, old record 50.54 by Jeff Walker, 1984); 9. Vickery, 52.09 **100-yard backstroke** - 3. Platte 53.63; 13. Ericson, 55.36; (Vickery finished 10th, but was disqualified for reentering the water) **100-yard breast stroke** - Balderson, 1:00.97 **400-yard medley relay** - 5. CWU (Vickery, Balderson, Platte, MacDonnell), 3:32.93 **200-yard butterfly** - 4. Platte 1:54.27 **200-yard backstroke** - 12. Vickery, 2:00.85; 13. Scott Ericson, 2:01.21 **400-yard freestyle relay** - 9. CWU (MacDonnell, Yates, Platte, Vickery), 3:11.40

Women's results

200-yard medley relay - 7. CWU (Lorijo Claunch, Audra Hammerschmidt, Kris Schatz, Tysan Youngquist), 1:54.78 **500-yard freestyle** - 8. Shari Mars, 5:11.98; 10. Allison Walsh, 5:17.21; 15. Youngquist, 5:23.59 **200 freestyle relay** - 9. CWU (Julie Wetzel, Mars, Youngquist, Chris Hayden), 1:42.95 **100 backstroke** - 3. Lorijo Claunch, 1:01.81; 8. Michelle Blum, 1:03.70 **200 freestyle** - Youngquist, 1:57.53 **400-yard individual medley** - 10. Chris Hayden, 4:51.00 **400 medley relay** - 10. CWU (Claunch, Hammerschmidt, Mars, Youngquist), 4:09.48 **1,650-yard freestyle** - 5. Mars, 17:53.19 (new school record, old record 18:02.45 by Chris Hayden, 1988); 9. Youngquist, 18:17.11; 11. Hayden, 18:31.20 **200 backstroke** - 10. Blum, 2:17.45 **200 butterfly** - 8. Mars, 2:18.36 **400 freestyle relay** - 14. CWU (Youngquist, Walsh, Wetzel, Hayden), 3:44.89



Senior forward Dave Biver concentrated on the action from the sidelines during the playoff game against Lewis-Clark State Thursday. (Photo by Steve Douglas)

Playoffs: men battle Vikings

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Nicholson said, referring to this effort as opposed to the two regular-season contests. "We capitalized on break situations."

Adding to a balanced 'Cat attack, which featured six players in double figures, were Art Haskins with 14, Dave Biver with 12 points and nine rebounds and Jim Toole hitting for 10.

Lewis-Clark's Victor Wells led all scorers with 22 points, and hauled down a game-high 15 rebounds.

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“No matter how bad they are, Grandma loves to hear the latest jokes.”



Kim Cohen - University of Wisconsin - Class of 1990

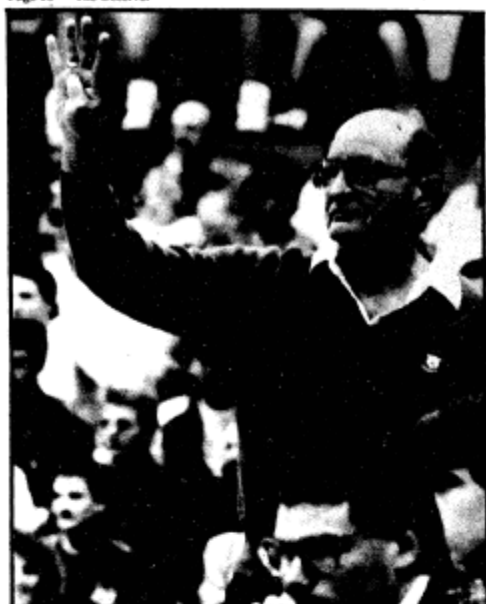
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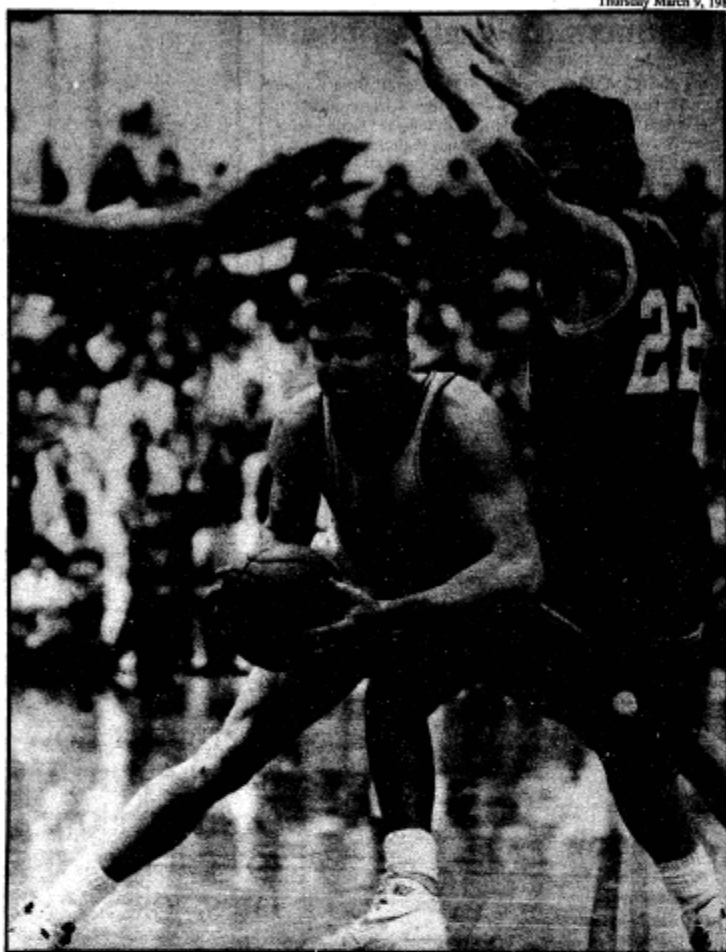
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The right choice.



Head coach Dean Nicholson signals the offensive play to the Wildcats. (Photo by Steve Douglas)



Guard Jim Toole (22) and forward Dave Biver (33) apply intense defense against Western's J.D. Taylor. (Photo by Colin McNair)



Bryan Gerig (21) looks for the open man against the defense of Western Washington's Dan Olson (22). (Photo by Robert Sorbo)

Women's track: season starts

continued from page 14

"You see we have been down the last few years, but just recently we have been improving and maturing and we will be a strong team ourselves."

When asked about any possible rivalries Adkins said that there aren't any really hard-core rivalries because no points are taken at district meets, only at the district finals and nationals, so athletes are competing with themselves more than anyone else.

Nationals this year will be held at Azusa Pacific University in Los Angeles.

Wrestling: first-round tough at nationals

continued from page 14

He was finally defeated by Paul Childs (Southern Oregon), 3-2. Stevenson's season record was 27-15.

"I think Sandy wrestled really well," Nelson said. "If he would have won his last match he would have been in the top ten."

LaCross was eliminated from the tournament in two matches. He got

a bye through the first round, but was defeated by Bob Mandville (Olivet Nazarene), the tournament's number-one seeded wrestler. The score was 18-3, a technical fall. In his next match, he was pinned by Eric Ingle (Waynesburg) in 2:05.

"All of our wrestlers got really tough matches," Nelson said. "It was up to the luck of the draw and we were unlucky."

As a team, Central placed thirty-ninth out of forty-nine teams.

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